



Photo by Spc. Peter Walser, 25th Infantry Division Public Affairs
Command Sgt. Maj. Scott A. Brzak (second from right), 25th Infantry Division senior enlisted adviser, leads an esprit de corps run of 127 Soldiers alongside cadre at the NCO Academy, Wednesday.

599th facilitates Oahu-Hawaii interisland move

DONNA KLAPAKIS
599th Transportation Brigade
Public Affairs
HONOLULU — The 599th Transportation Brigade provided support for 25th Infantry Division cargo movement to Hawaii Island, July 29.

“25th ID had to move their cargo to the Big Island for Tiger Balm,” said John Fisher, chief of the 599th Pacific Sealift Management Office. “They usually move their cargo there using the LSVs (Logistics Support Vessel), so we aren’t involved. But because they weren’t able to use one of the LSVs this rotation, we were able to help them with the move.”

Although the LSV the unit normally uses for cargo movement to Hawaii Island had originally been scheduled to support Pacific Pathways Exercise Orient Shield, it remained in Hawaii and provided additional movement support for Tiger Balm.

On July 19, the 599th booked 25th ID cargo and equipment destined for Pohakuloa Training Area on Hawaii Island with Young Brothers, Limited, to sail on July 22, Fisher said.

As Tropical Storm Darby approached the island of Hawaii on July 22, the Coast Guard shut down Kawaihae, the port of debarkation for the cargo. It then closed Honolulu Harbor on July 23, said Frank Empeno, Young Brothers booking and logistics superintendent.

Darby hit the islands, July 23, when the cargo would originally have entered the port at Kawaihae.

“This barge is a special booking,” said



Tropic Lightning vehicles drive aboard the barge Ho’omakahou at Honolulu Harbor to be secured for shipment to Hawaii Island, July 29. An Army LSV usually moves equipment instead of barges.

Fisher. “We can’t disrupt regular island shipments, so we have to wait for a time when another barge is available again if it gets postponed.”

Besides causing a week delay, weather also disrupted the timeliness of the July 30 upload. Cargo scheduled to start loading at 1 p.m. was delayed until 4:30 p.m.

“The barge got into Maui late and arrived late into Honolulu from Maui, so we got a late start discharging the inbound cargo from Maui and uploading

the military cargo for Kawaihae,” said Empeno. “Sometimes the weather looks fine from land, but it’s not out at sea.”

This cargo was from the 25th ID’s 2nd Bde. Combat Team, 25th Sustainment Bde., 25th Division Artillery, cavalry and engineers.

“We’re going to PTA for our JRTC (Joint Readiness Training Center) validation,” said Warrant Officer 1 Sherilyn Mancheno, 2nd BCT mobility officer. “We’ll evaluate all the battalions.”

Fleet Logistics Center-Pearl Harbor, which manifests cargo for the move, had personnel on-scene.

“We keep count of everything that goes on board and compare it with the UDL (unit deployment list),” said Frankie Kia, FLC-PH. “We’re here to validate accountability of the cargo.”

Barges take about 18 hours to travel from Honolulu to Kawaihae. It departed right after loading at 9:05 p.m., and got in to Kawaihae about 2:40 p.m. on Saturday.

Antiterrorism Awareness Month observed in August

**DIRECTORATE OF
EMERGENCY SERVICES**
U.S. Army Garrison-Hawaii

August marks the U.S. Army’s seventh annual observance of Antiterrorism Awareness Month. The wide range of terrorist-related threats during the past year reflects the realities of the risks faced by the nation and U.S. Army-Hawaii.

To help prevent terrorist activities, USARHAW asks Army communities to remain constantly vigilant and aware of suspicious activity.

“The purpose of AT Awareness Month is to create an awareness of antiterrorism throughout the entire Department of the Army,” said Donald Murry, antiterrorism officer, U.S. Army Garrison-Hawaii Directorate of Emergency Services.

In support of the national initiative to combat terrorism and increase vigilance in protecting Army communities, garrison directorates and chiefs will ensure their divisions conduct AT training and education through Aug. 31.

The focus areas for Antiterrorism Awareness Month includes recognizing and reporting suspicious activity (through iWATCH Army and iSALUTE programs), antiterrorism awareness training and information sharing, countering insider threats and spreading awareness of the risks associated with the use of social media.

During August, commanders and leaders focus on community outreach, emergency response to an active shooter, efforts to prevent insider threats, and sharing information on radicalization and efforts to counter violent extremism. Contractors and family members

are encouraged to complete the course. However, everyone is encouraged to actively participate in iWatch Army, a key component of the AT awareness campaign. USAG-HI has an iWatch video posted on its website and Facebook pages.

iWatch, billed as the 21st century Neighborhood Watch, is a community terror-watch program that utilizes Soldiers, their families and civilians as the installation’s “eyes and ears” to report any suspicious activity to base authorities.

Reports are then passed on to the FBI’s eGuardian system, which connects law-enforcement agencies and intelligence organizations at all levels of government across the U.S.

The iWatch program is comprised of the following two elements: passive and active involvement.

•**Passive involvement** – requires individual situational awareness of surroundings; requests individuals are alert at all times for suspicious activity.

•**Active involvement** – requires individuals to take action and report observations to law enforcement for further investigation.

“Everyone can make a difference by recognizing what to report and reporting it to security or law enforcement personnel,” Murry said.

“Law enforcement personnel cannot be everywhere,” he added, “and they need the eyes and ears of the entire installation community to help in quelling terrorism.”

(Editor’s note: Murry is the Garrison antiterrorism officer.)

“If you see something, say something.”
Army community members should be on the lookout for the following suspicious behaviors:

- Strangers asking security-related questions;
- Unfamiliar people in secure areas;
- Loitering;
- Anyone drawing or taking photos of important buildings, sensitive areas or access control points;
- People wearing bulky, ill-fitting or unseasonable clothing;
- Chemical smells;
- Individuals purchasing supplies or equipment that can be used to make bombs or weapons, or buying uniforms without having the proper credentials;
- Unattended briefcases, suitcases, backpacks or packages; and
- Unattended cars left in parking lots, no-parking zones or in front of important buildings.

Points of Contact and Training
To report a suspicious activity or behavior, call these numbers:

- Fort Shafter, 438-7114; or
- Schofield Barracks, 655-7114.

To learn more about the iWatch Army program and ways to help combat terrorist acts in your community, visit www.myarmyonesource.com/familyprogramsandservices/iwatchprogram/default.aspx.

For training, Soldiers and DA civilians are required to complete the AT Level 1 (Course #JS-US007-14) online. During August, visit <https://jkodi.rect.jten.mil>.



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Story and photo by
LARRY REILLY
Installation Management Command-
Pacific Region Public Affairs

FORT DERUSSY — For the West family, being able to meet and thank the people responsible for saving their daughter's life was all they wanted to do before leaving Hawaii on a permanent change of station move.

In early July, 7-year-old Taylor West was swimming with friends in the Hale Koa Hotel's swimming pool when she lost consciousness and sank to the bottom of the pool. Her best friend, Kylie Doyal noticed Taylor at the bottom of the pool and thought she was just playing around, but when she swam down to check on her, Kylie realized something was wrong and yelled for the lifeguards.

"I was really scared when I went to check on Taylor because she did not respond when I touched her, so I yelled for the lifeguard and helped him get Taylor out of the pool," said 14-year-old Kylie Doyal.

Hale Koa lifeguard Reid Novelich and Doyal were able to get Taylor to the pool deck where he began CPR. Seconds later, lifeguard Melissa Giammona and hotel assistant manager Brandon Solidum arrived and initiated the automatic external defibrillator, and then switched off with Reid to continue performing CPR until professional responders from the County Emergency Medical Services and the Honolulu Police and Fire departments arrived on scene.

"When I reached Taylor at the bottom of the pool, she was limp and unconscious, and I knew

I needed to get her out of the pool fast and administer CPR," said Novelich. "It was the quick action of the entire hotel staff to activate the swimming pool's emergency response action plan, and the Military Police who helped secure the area for the medical people that really enabled Taylor to be attended to quickly and transported to the hospital."

Taylor was transported to the Kapiolani Women's and Children's Hospital just down the street from the hotel, and was stabilized and later transferred to the Tripler Army Medical Center.

From the time Taylor was taken from the pool to when she was sent to the hospital, her parents – Sgt. Thomas West, 8th Special Troops Battalion, 8th Theater Sustainment Command, and his wife Laura – and their son Preston were by her side.

"Things happened so fast. It was difficult keeping up with everything and everybody. The Hale Koa team and the MPs were so efficient and caring in their handling of Taylor and securing the area for the medical, fire and police personnel," said Laura West.

Throughout the month of July, Taylor went through a series of tests and examinations at TAMC. As Taylor showed increasing signs of improvement, her parents kept the Hale Koa Hotel staff informed via emails of her progress and were surprised by a telephone call they received from the hotel staff.

"Kelley Hupp, director of Resort Operations at the Hale Koa Hotel, called us midway through the month and asked



Taylor West gets an emotional hug from Kylie Doyal, who in turn gets a grateful hug from Taylor's dad, Sgt. Thomas West, at a reunion with all of the people who assisted in Taylor's rescue in early July.

if we would like to meet all the people who were involved in Taylor's rescue. We happily agreed," said Laura West. "Being able to personally meet and thank each and every one of the people involved in the incident was very emotional for all of us, especially Taylor, who didn't remember any of them, except Kylie, but she knew they played a part in her rescue."

Taylor was cleared by the doctors this past weekend to

leave Hawaii for Wisconsin where her father's next duty assignment will be as an Army recruiter.

"The question of how this could have happened may never be answered, but the fact that it can happen to anyone's child is a big take away for me," said Laura West. "The people who reacted so swiftly and so professionally truly did save our daughter's life. We will never be able to thank them enough."

8TH TSC MILESTONE



Photo by Staff Sgt. John Garver, 8th Theater Sustainment Command Public Affairs

The 8th Theater Sustainment Command's leaders, Soldiers and civilians gather around the 1,800 day marker, signifying 1,800 accidental death-free days. The record includes accidental deaths either on or off duty in over four years.

Army surveys workplace and gender relations

DEPARTMENT OF THE ARMY
Assistant Chief of Staff-Personnel

The Workplace and Gender Relations Survey of Active Duty Members (WGRA) is a congressionally mandated survey conducted once every two years.

It is an independent assessment of the rates of sexual assault, sexual harassment and gender discrimination in the military.

The survey measures the frequency of unwanted sexual contact, sexual harassment, gender discriminatory behaviors and sex discrimination experienced by service members during the past 12 months.

The content of the survey largely aligns with the 2014 RAND Military Workplace Survey and will be conducted by the Defense Manpower Data Cen-

ter as part of a biennial cycle of Health and Resilience surveys.

What has the Army done?

In response to the 2014 RAND Military Workplace Survey, Headquarters, Department of the Army has completed the following:

- Developed training to assist Soldiers in identifying and preventing retaliation for reporting sexual harassment and sexual assault,
- Implemented policy to prohibit retaliation and investigate all allegations, and
- Pursued research on male experiences of sexual harassment and assault toward the development of prevention and response strategies that address the unique needs of military men.

Additionally, the Army has synchronized and expanded sexual harassment and sexual assault victim services with the opening of Sexual Harassment/Assault Response and Prevention Resource Centers and approved additional skill identifiers for sexual assault response coordinators and victim advocates.

The Army is currently assessing the level of effectiveness of sexual harassment, sexual assault and retaliation prevention measures at the command level.

What continued efforts are planned for the future?

Army leaders encourage Soldiers who are selected as part of a scientifically designed sample to complete the 2016 WGRA survey. The survey will field through

Sept. 28.

The results of this survey will be briefed to Army leadership, Department of Defense leadership and Congress. The final report will be released as part of the 2016 DOD Sexual Assault Prevention and Response Office Annual Report in spring 2017.

Why is this important to the Army?

The Army is committed to taking care of its Soldiers and Army civilians by working together to end sexual offenses in the Army, facilitating a more ready force. Results of this survey will provide Army leaders with the needed insights to effectively prevent and respond to sexual harassment and assault.

(Editor's note: From the Army's "Stand-To" release.)

Voices of Ohana

Sue Hendrickson found the largest and most complete Tyrannosaurus rex skeleton during a dig held Aug. 12, 1990.

We wondered, "What dinosaur would you be?"

By Christine Cabalo, Oahu Publications



"I'd be a brontosaurus. They have long necks and are so big. No one bothers with them. They're very chill."

Pvt. Chadon Burke
Btry. C, 3-7th FA, 3rd BCT, 25th ID



"I want to be a (Pterodactylus). They fly and have wings."

Kami Hollenbach
Army family member



"Triceratops, because it has horns."

Nia Hollenbach
Army family member



"I'd be a (Pterodactylus). I'd be able to fly."

1st Lt. Zach Ricketts
2-35th Inf. Regt., 3rd BCT, 25th ID



"A raptor. They're intelligent, they move fast and hunt in packs. They're the dinosaur equivalent of wolves."

Pfc. Trevor Wilson
Btry. B, 3-7th FA, 3rd BCT, 25th ID

PHC-Pacific welcomes new command team

SGT. 1ST CLASS JOHN BROWN
18th Medical Command (Deployment Support)
Public Affairs

PEARL HARBOR — Change of command/responsibility ceremonies are time-honored traditions, and for the U.S. Army’s Public Health Command-Pacific, the tradition continued, July 27, aboard the battleship USS Missouri.

Col. David Seed, incoming PHC-P commander, having recently completed a fellowship with the Department of Health and Human Services in Washington, D.C., brings more than 20 years of leadership experience, including tours of duty in Iraq and Afghanistan.

“You must never forget that command is the highest privilege the Army can bestow on a commissioned officer,” said Brig. Gen. Bertram Providence, commander, Regional Health Command-Pacific. “I have full faith and confidence that you are the right person to take on this responsibility, and we look forward to your leadership.”

Completing the new command team is Sgt. Maj. Roosevelt Nettles Jr., who is also a veteran of the wars in Iraq and Afghanistan. He most recently served as the operations sergeant major for 18th Medical Command (Deployment Support) on Fort Shafter.

“As the senior enlisted adviser to this organization, it will be through your



Photo by Soraya Robella, Tripler Army Medical Center Public Affairs
Col. David W. Seed accepts the colors of PHC-P (Provisional) from Brig. Gen. Bertram Providence (right), commander, RHC-P (P), as he assumes command from aboard the battleship USS Missouri (BB-63) at Pearl Harbor, July 27.

proven ability to mentor, train and develop our Soldiers that this organization will continue to succeed,” Providence told Nettles. “I have the utmost trust and confidence that you will continue to carry on the important task of taking care of Soldiers and providing support to the commander.”

Seed and Nettles replaced the previous leadership team of Col. Timothy Bosetti and Sgt. Maj. Victor Laragione Bosetti. Bosetti and Laragione, combined, have served the Army medical community for nearly 50 years, but as the command, they’ve led PHC-P through one of the most significant transitions in Army

Medicine.
In August of 2015, MEDCOM began a realignment that would mirror other Army commands across the force. As part of the realignment, PHC-P moved its headquarters from Camp Zama, Japan, to Hawaii and uncased the unit colors in conjunction with the change of command and responsibility ceremonies.
“Today, as we reflect upon the command tenure and contributions that (Bosetti and Laragione) have made to Public Health Command-Pacific over the past two years, we see that these Soldierservants have not only enhanced the reputation of this noble organization, but also brought honor to their families,” Providence said. “I would like to take this opportunity to congratulate the Public Health Command-Pacific team for your outstanding contributions and for your commitment to what I believe to be one of the most critical and diverse capability and mission-sets in the Pacific region,” Providence said. “It has been an honor to serve alongside such inspirational leaders who care so much about Soldiers and place their welfare above your own,” Providence told Bosetti and Laragion.
Bosetti is moving to the Army Public Health Center in Aberdeen, Md.
Laragione will proceed to Troop Command, Landstuhl Regional Medical Center, Germany.

Gainey succeeds Sanchez as 94th AAMDC commander

Story and photo by
SGT. KIMBERLY MENZIES
94th Army Air and Missile Defense Command

FORT SHAFTER — The 94th Army Air and Missile Defense Command said farewell to Brig. Gen. Eric L. Sanchez, the outgoing commander of the 94th AAMDC, and simultaneously received Brig. Gen. Sean A. Gainey, its incoming commander, during a change of command ceremony, Aug. 5, on historic Palm Circle, here.

Gen. Robert Brown, commander, U.S. Army-Pacific, hosted the ceremony.
The event included honest praise and heartfelt well wishes to the Sanchez family, and a warm welcome to Gainey from Brown and Air Force Gen. Terrance O’Shaughnessy, commander, Pacific Air Forces.



On the reviewing stand, from right, are Brig. Gen. Sean A. Gainey, incoming 94th AAMDC commander; Gen. Robert B. Brown, commander, USARPAC; and Brig. Gen. Eric L. Sanchez, outgoing 94th commander, at the change of command ceremony, Aug. 5.

“We don’t just fight together, we live together, we work together, we play together and we are seamlessly integrated in all that we do, and it is really irrele-

vant what uniform we are wearing,” said O’Shaughnessy.
“It is a testament to the great strength of the Army on how deep the bench is

that we can have the highest caliber leaders to select from in this complex world we’re in. It is critical we get the best leaders,” Brown said. “Sean is definitely the right guy for this mission.”
Gainey thanked the Sanchez family for helping set him up for future 94th AAMDC successes.
“Thank you both for the first class reception into the command. We look forward to continuing to build on the great initiatives you started,” Gainey said. Gainey’s previous assignment was as the deputy commanding general for the United States Army Cadet Command at Fort Knox, Ky.
Sanchez will be returning home to assume command of White Sands Missile Range located in the Tularosa Basin of south-central New Mexico.

Tropic Lightning exchanges knowledge with AFP

SGT. ERIN SHERWOOD
25th Infantry Division
Public Affairs

FORT MAGSAYSAY, Philippines — Soldiers from the 25th Infantry Division recently participated in a knowledge exchange with the Armed Forces of the Philippines. The exchange was part of an ongoing series of combined exercises with partner nations throughout the Pacific Rim called Pacific Pathways. Pacific Pathways began in 2014, allowing the U.S. Army to practice deployments at a tactical, operational and strategic level, enhancing readiness and ability across the Pacific. “It’s been an enlightening experience for me,” said Capt. Joseph Perez, battle captain for the 25th ID. “Many of our processes are the same; it’s just a different way of doing things. It has also been fun working with a new culture and learning about the Armed Forces of the Philippines.” The subject matter exchange centered on daily work-

shops for Tropic Lightning Soldiers and their Filipino counterparts. Topics discussed include roles of specific sections, discussion of structure and how it relates to command, and standard operating procedures for different mission sets. “I have been working with (Perez) to learn about processes as well as other mission command systems, so we could share what they have and what we have in order to accomplish future joint missions,” said Capt. Kim Ilao, operations officer for 7th ID, AFP. The learning is mutual for U.S. and Filipino troops. “As a staff they are very flexible and capable of working around issues that may be showstoppers for us,” said Perez. Brig Gen. David Diciano, commander, 7th ID, AFP, said there is “quite a bit” of adjusting and restructuring. “I’ve observed that Soldiers are sharing a lot of discussions and experience,” Diciano said. “I hope that we will continue this exchange in the weeks to come.”



Photo by Pfc. Jakeson Fortuna, 7th Infantry Division, Armed Forces of the Philippines
Capt. Eddie Rogers, 25th ID, discusses operations with a Filipino counterpart of the 7th ID, AFP, during a Pacific Pathways knowledge exchange.

RHC-P enhances emergency response during RIMPAC 2016

Story and photo by
ANA ALLEN
Regional Health Command-Pacific
Public Affairs

FORD ISLAND — Regional Health Command-Pacific successfully led key medical activities aimed at enhancing humanitarian aid and disaster relief efforts across the region as part of Rim of the Pacific 2016. One such activity included a humanitarian assistance/disaster relief (HA/DR) scenario, developed in coordination with leaders from the Healthcare Association of Hawaii and the Hawaii Disaster Medical Assistance Team, structured with the goal of enhancing disaster preparedness across U.S. and international partner government and private sector agencies. The RHC-P emergency manager and a lead medical planner for the HA/DR, Thomas Bookman, said the plan not only rehearsed emergency response capabilities of Hawaii-area partners through the simulated movement of patients across 19 Hawaii-island area hospitals by land, air and sea, but the drill engaged Pacific partners, enhancing preparedness region-wide. A total of 312 simulated casualties were moved during the exercise. “In the event of a national disaster, ports might be damaged, our international airports might be destroyed, and so

we are going to be on our own for a long period of time. In the midst of a real crisis isn’t when you should start developing relationships. That partnership needs to be reinforced prior to that event ever happening,” Bookman said. Bookman played a lead role in the scenario, acting as the minister of health for the fictional island of Griffin. He worked closely with international community liaisons with a multitude of organizations, such as the International Federation of Red Cross, Japan’s Humanitarian Assistance and Emergency Relief Division of the International Cooperation Bureau, and the United Nations Office for the Coordination of Humanitarian Affairs. RHC-P also supported the Uniformed Services University Center for Global Health Engagements Course on the Fundamentals of Global Health Engagements, which included military and civilian representatives from all U.S. services, as well as international participants representing Australia, Canada and China. Lt. Col. Derek Licina, RHC-P director for Global Health Engagements (GHE), facilitated one of the lectures in a classroom setting and said that the engagement provided an opportunity to share GHE best practices with



Realistic-looking mock injuries are applied to volunteer patients before the RHC-P led HA/DR simulated mass-casualty exercise, July 13, during Pacific Pathways, for the purpose of enhancing disaster preparedness.

international partners, which support service component and combatant command Theater Security Cooperation objectives. “The opportunity to candidly discuss global health engagement challenges and opportunities with our international colleagues will improve the overall quality of future activities conducted by

our community of interest,” said Licina. RHC-P is also collaborating with the USU CGHE to monitor and evaluate the effectiveness of GHE in supporting partner nation capacity building, improving Department of Defense readiness through engagement, and achieving strategic military objectives.

HA/DR participants
In addition to RHC-P, U.S. participants also included Tripler Army Medical Center, Healthcare Association of Hawaii, Hawaii Disaster Medical Assistance Team, Hawaii Disaster Aeromedical Staging Facility, the U.S. Army Health Clinic-Schofield Barracks, Veterans Affairs Pacific Islands Health Care System, 18th Medical Command, U.S. Army Garrison-Hawaii, 15th Medical Group-Joint-Base Pearl Harbor-Hickam, Marine Corps Base Hawaii and the 25th Infantry Division’s Combat Aviation Brigade. Additionally, teams from Canada, Australia, other foreign USAID equivalents and international military partners in the Japanese Navy and Canadian Air Force played roles in the exercise.

Japanese keiki visit with ‘Wolfhound’ families

Story and photo by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The sounds of joyful chatter between children and families were shared at the Post Cemetery, here, until a hush arose before Yuko O’Reilly began the tale.

Four Japanese orphans from the Holy Family Home in Osaka, their host families and 27th Infantry Regiment “Wolfhound” leadership listened carefully as Yuko spoke in her native Japanese on how her husband led the effort to bring invaluable support during the severe winter during Christmas in 1949.

Yuko introduced the children and families to Hugh’s quiet headstone at the rear of the cemetery. The children carefully placed lei onto the noncommissioned officer’s headstone.

Hugh, assigned to 1-27th Inf. Regt. during the Occupation of Japan, brought so much joy and light in a world that once had been ravaged by war and then continued the Wolfhound’s decades-long connection to the orphanage.

The children and host families spent their first weekend together seeing the splendors Hawaii has to offer.

During the first week, the two boys, Yosuke Yamaguchi and Kirito Uchikaneku, stayed with 1st Sgt. Jonathan Dyon, Co.



From right, Yuko O’Reilly, the four children from the Holy Family Home, host families and leadership from the 2-27th Inf. Regt., stand before Master Sgt. Hugh O’Reilly’s headstone at the Schofield Barracks Post Cemetery, Aug. 1. Yuko told how her late husband’s efforts linked the 27th Inf. Regt. to the Holy Family Home orphanage in 1949 during the Occupation of Japan.

C, 1-27th Inf. Regt., 2nd Brigade Combat Team, 25th Inf. Division.

“My family had a fantastic weekend after we brought the boys home,” Dyon said.

Then Yamaguchi and Uchikaneku wanted to go to the beach, so they went to Ko Olina, Dyon said.

“On Saturday, we got them hiking shoes, and we took them on a tunnel hike where they had to wear headlamps and everything,” he said. “There was even water in the cave, so they had a blast.”

“I had fun with my family,” said Uchikaneku, speaking through an interpreter,

adding he enjoyed watching television, eating ice cream and jumping on trampolines at an amusement center.

The Wolfhounds and partners visited the Waikiki Aquarium, had lunch at the Outrigger Canoe Club, made macadamia nut treats and built their own ukuleles. They also partook in the Wolfhound regimental picnic, where they tried to plunge Lt. Col. Glen Helberg and Command Sgt. Maj. Ronnie E. Blount, the 2-27th Inf. Regt. leadership, at a dunk tank.

The girls, Mihi Tazawa and Kumiko Yasui, were hosted by Sgt. Justin Lowery, 2-27th Inf. Regt., for the first week.

“It was an awesome experience with the girls,” Lowery said. “The best was going to the Menehune Mac Candy tour. We made our own chocolates at Menehune Mac. Then they saw how they made ukuleles at the Koaloha Ukulele.”

His family had fun learning Japanese culture, while Tazawa and Yasui enjoyed learning American culture, Lowery said.

“They’ve taught me they really like to learn new words in English,” Lowery said. “They also keep a diary every night on their time in Hawaii.”

Tazawa, speaking through an interpreter, said she had fun with the host families and enjoyed the sites, swimming and bowling.

“I had a great time,” Tazawa said. “I’m thankful for the chance to be here.”

Army dives depths of RIMPAC with joint partners

Story and photo by
AIR FORCE STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity
Forward Center Hawaii

PEARL HARBOR — Army divers trained alongside Navy divers, July 31, during Rim of the Pacific 2016.

Diving to depths of 70 feet below the surface, Soldiers of 7th Dive Detachment, 65th Engineer Battalion, 130th Theater Eng. Brigade, 8th Theater Sustainment Command, and Sailors from Navy Mobile Diving and Salvage Unit One, moved simulated debris aboard Military Sealift Command rescue and salvage ship USNS Safeguard (T-ARS-50).

“These last two days were the culminating exercise for the dive portion of

RIMPAC,” said Capt. Alessandro Licopoli, commander, 7th Dive Det. “This culminating exercise had them salvaging a heavy project. In this case, it was a 20-foot CONEX that’s been altered to give the appearance of a patrol boat.”

Licopoli said the unique experience was its joint aspect.

“A large scale exercise like RIMPAC is a great opportunity for our divers to get a better sense and appreciation for the large scale and scope of military diving,” Licopoli said. “We do what we do on the land, but it’s also a great opportunity to see what our joint service brothers and sisters are doing in the open water and other applications.”

Navy Diver 1st Class Todd Slayden, MDSU-1, said working with other ser-

vices better prepares them for real-world missions.

“It’s great integrating with other military, because you never know the mission at hand,” Slayden said. “We can come into some situation where you need our support, we need your support, and it teaches us how to work together and get the job done.”

“It’s very cool to see how others operate,” Spc. Theodore Archacki, 7th Dive Det., said. “You look at what they use, how they operate, what they have for equipment. It’s just crazy to see that there are other ways to do things besides your own.”

Army divers worked with U.S. Coast Guard, Royal New Zealand Navy and Royal Canadian Navy while conducting equipment familiarization and exercises.



A 7th Eng. diver exits the water after training with the Royal New Zealand Navy during RIMPAC 2016, July 31. RIMPAC ended Aug. 4.



Today
Editor's Tip — For easier surfing, visit www.HawaiiArmyWeekly.com to click on links.

Don't Touch! — Prior coordination is required before occupying Schofield's Watts Field at any time. Any equipment (soccer goals, bleachers or other items) belongs to Child, Youth and School Services and is provided for Family and Morale, Welfare and Recreation Youth Sports activities that have a longstanding reservation.

Removing or relocating any Watts Field items will interfere with CYS Services' Youth Sports and Fitness programs. Community members are asked to not remove, relocate or occupy Watts Field unless given prior coordination to do so.



Units may reserve the field through the S-3 in Range Facility Management Support System. Visit <https://rfmss2002.belvoir.army.mil/Hawaii/Pages/Login.spx?ReturnUrl=%2fHawaii%2fPages%2fDefault.aspx>.

Signal Ball — Ticket sales are open for signaleers and friends of the Army Signal community for the 2016 Pacific Sig-

nal Regimental Ball at the Hilton Hawaiian Village in Waikiki, 6 p.m., Friday, Sept. 16. Purchase tickets online at www.eventbrite.com/e/2016-pacific-signal-regimental-ball-tickets-25499036304.

For Soldiers and spouses who cannot afford tickets, donations are being taken to sponsor outstanding young signaleers. Call 653-5791.

Taxpayers — The IRS announced important changes to help taxpayers comply with revisions to the Individual Taxpayer Identification Number (ITIN) program made under a new law. The changes require some taxpayers to renew their ITINs beginning in October.

The new law will mean ITINs that have not been used on a federal tax return at least once in the last three years will no



longer be valid for use on a tax return unless renewed by the taxpayer.

In addition, ITINs issued prior to 2013, which have been used on a federal tax return in the last three years, will need to be renewed starting this fall, and the IRS is putting in place a rolling renewal schedule to assist taxpayers.

Visit IRS.gov.

16 / Tuesday

Blood Drive — Tripler's Blood Donor Center holds a blood drive, 11 a.m.-3 p.m., at the Schofield Exchange. All blood types are needed, especially O Neg, O Pos, A Neg and A Pos.

Donations will directly support Tripler, the Army,

sister services and family members.

In order to donate blood with the ASBP, donors must comply:

Have not donated blood previously within the last eight weeks.



Weigh at least 110 pounds.

Be at least 17 years of age.

Have been feeling well for at least three days prior to donating.

Be well hydrated and have eaten something prior to donating.

Have picture ID and know when/where you have traveled.

Be able to list the types of medications currently being taken.

For more details, call 433-6699.

17 / Wednesday

Webinar — TRICARE and Military OneSource co-host a webinar to discuss health care options available to TRICARE beneficiaries once they are no longer eligible for any TRICARE health plan coverage, at 6 a.m. HST. Go to <https://attendee.gotowebinar.com/register/2644929472493528067> to register.

National Night Out — Island Palm Communities will hold a National Night out, 4-7 p.m., at Kaena Community Center, 5485 Gallup St., Schofield Barracks. Call 275-3159.

23 / Tuesday

TAMC Observance — Tripler Army Medical Center will observe Women's Equality Day, noon-1 p.m., in Kyser Auditorium.



Today

Noise Advisory — Artillery training continues at Schofield Barracks and noise may be heard by surrounding communities.

- Today: Marine mortar training.
 - Today through Aug. 13: Army artillery training.
 - Today through Aug. 14: Army mortar training.
 - Saturday: Army demolitions training.
 - Aug. 14-19: Army Lightning Academy (training with blank ammunition and explosive simulators on East Range. Training will occur during daytime and nighttime hours).
 - Aug. 20-26: Army Lightning Academy training continues.
 - Aug. 29: Army mortar training.
 - Aug. 29-Sept. 2: Army artillery training.
 - Aug. 30-Sept. 1: Army demolitions training.
- For Army training, call 656-3487; for questions regarding Marine Corps training, call 257-8832.

Kolekole Detour —



There will be a partial road closure of Kolekole Avenue fronting the Schofield Inn for construction. The westbound traffic will be detoured onto Trimble Road northbound until the intersection with Cadet Sheridan Road – where a left turn will be taken onto Cadet Sheridan southbound – is returned to Kolekole.

This detour will continue, weekdays, 8:30 a.m.-5 p.m., until Sept. 16. A message board will be placed on Kolekole prior to the roadwork and notify motorists of the upcoming detour.

15 / Monday

Revised Closure — Parking lot closures off Fort Shafter's Signal Road are needed for drain line work. Different portions of the lot will be closed off during the various phases of the work.

Phase 1, Aug. 15-22, blocks off the portion of the parking lot closest to the road. The closures will remain 24/7 until that phase of the work is complete. The work should have a very minimal effect on traffic along Signal Road, but please take caution as you proceed.

Closures for this project are scheduled to end Sept. 5.

Revised Wisser —

There are road closures at Wisser Road and Bonney Loop in the vicinity of Bldg. 520 for the installation of a new water main line, 8:30 a.m.-5:30 p.m., until Sept. 30.

Wisser and the intersection at Bonney will be closed, weekdays, between Pierce Street and 7th Street from today until Aug. 26.

Intermittent closures will follow from Aug. 29 to Sept. 30. The parking lot and Bonney Loop ad-

jacent to Bldg. 520 will be restricted to local traffic only.



While the intersection of Bonney and Wisser is closed for construction, a flagger will be at the southern intersection of Bonney Loop and Pierce Street to facilitate access to Bldg. 520. A second flagger will be stationed farther up Bonney Loop to facilitate the movement of cars and pedestrians adjacent to Bldg. 520.

The parallel parking stalls along the southern perimeter of the parking lot will be restricted to allow for two-way traffic movement.

When no work is being done at the intersection of Wisser and Bonney, it will be reopened and the road closure will be reduced.

Watch this space for updates.

22 / Monday

Park Place — Fort Shafter Flats will have parking lot closures off Signal Road for drain line work. Different portions of the lot will be closed off during the various phases of the work. This first phase continues until Aug. 29, and the project should end Sept. 12.

Signal, Phase 2 — Parking lot closures off Fort Shafter's Signal Road continue as the second phase begins. Different portions of the lot will be closed off during the various phases of the work.

Phase 2 will run until Aug. 29 and consists of closing the northwest entrance to the parking lot as well as subsequent stalls.

Chaplain Corps celebrates 241st anniversary

Story and photo by
CPL. JIN SANG WOO
U.S. Army Garrison-Yongsan

Unit ministry teams and chaplains celebrated the 241st anniversary of the Chaplain Corps, July 29.

“As long as armies have existed, military chaplains have served alongside Soldiers, providing for their spiritual needs, working to improve morale and aiding the wounded,” said Capt. Lee W. Chae, chaplain of Headquarters and Headquarters Battalion, Eighth Army.

“The Bible tells of the early Israelites bringing their priests into battle with them. Pagan priests accompanied the Roman legions during their conquests,” he said. “As Christianity became the predominant religion of the Roman Empire,



Cake from the 241st anniversary celebration at U.S. Army Garrison-Yongsan.

Christian chaplains administered to Roman soldiers. In fact, the word chaplain is derived from cappa, the Latin word for cloak.”

According to Capt. Lee, the U.S. Army

Chaplain Corps is one of the oldest and smallest branches of the Army. The Chaplain Corps dates back to July 29, 1775, when the Continental Congress authorized one chaplain for each regiment of the Continental regiments. Many military regiments counted chaplains among their ranks.

Since the Independence War, chaplains have served in every American war. Over that period, the U.S. Army Chaplain Corps has evolved, with the addition of Roman Catholic chaplains in the Mexican War, and Jewish and African-American chaplains during the Civil War.

The position of chaplain assistant was created to support the work of chaplains. In January 1979, the Army commissioned its first female chaplain. Today,

more than 2700 chaplains serve the total Army representing 140 different religious organizations.

While their duties are primarily focused on spiritual and moral issues, many chaplains have also demonstrated tremendous bravery. There are many stories of chaplains administering the last rites to fallen Soldiers, oblivious to the fire around them, or dashing out into the open to rescue the wounded without any regard for their own lives.

Nearly 300 Army chaplains have laid down their lives in battle, and seven members of the Chaplain Corps have been awarded the Medal of Honor.

(Editor’s note: Woo works with Installation Management Command at Yongsan.)

Veteran homelessness drops nearly 50 percent since 2010

THE WHITE HOUSE
News Release

WASHINGTON — The Housing and Urban Development and Veterans Affairs departments and the U.S. Interagency Council on Homelessness announced, Aug. 2, that the number of veterans experiencing homelessness in the U.S. has been cut nearly in half since 2010.

White House officials said data shows a 17 percent decrease in veteran homelessness, Jan. 2015 - Jan. 2016, quadruple the previous year’s annual decline – and a 47 percent decrease since 2010.

Through HUD’s annual point-in-time estimate of America’s homeless population, communities across the country have reported that fewer than 40,000 veterans were experiencing homelessness on a given night in Jan. 2016, officials said.

The Jan. 2016 estimate found slightly more than 13,000 unsheltered homeless veterans living on their streets, a 56 percent decrease since 2010.

This progress is a result of partnerships among HUD, VA, USICH and other federal, state and local partners.

The initiative’s success among veterans can also be attributed to the effectiveness of the HUD-VA Supportive Housing program, which combines HUD rental assistance with case management and clinical services provided by the VA.

Since 2008, more than 85,000 vouch-



Photo by 8th Theater Sustainment Command Public Affairs
Sgt. 1st Class Nicole Howell, 8th TSC Public Affairs Operations noncommissioned officer, talks with a homeless veteran on Aug. 5.

ers have been awarded and more than 114,000 homeless veterans have been served through the HUD-VASH program.

“We have an absolute duty to ensure those who’ve worn our nation’s uniform have a place to call home,” HUD Secretary Julian Castro said.

“The dramatic decline in veteran homelessness reflects the power of partnerships in solving complex national problems on behalf of those who have served our nation,” VA Secretary Robert A. McDonald said. “The men and women

who have fought for this nation should not have to fight to keep a roof over their head, and I’m pleased that VA is serving more veterans than ever before with health care, education, job training and wraparound supportive services. While this is very real progress, that means tens of thousands more veterans have a place to call home. We will not rest until every veteran in need is permanently housed.”

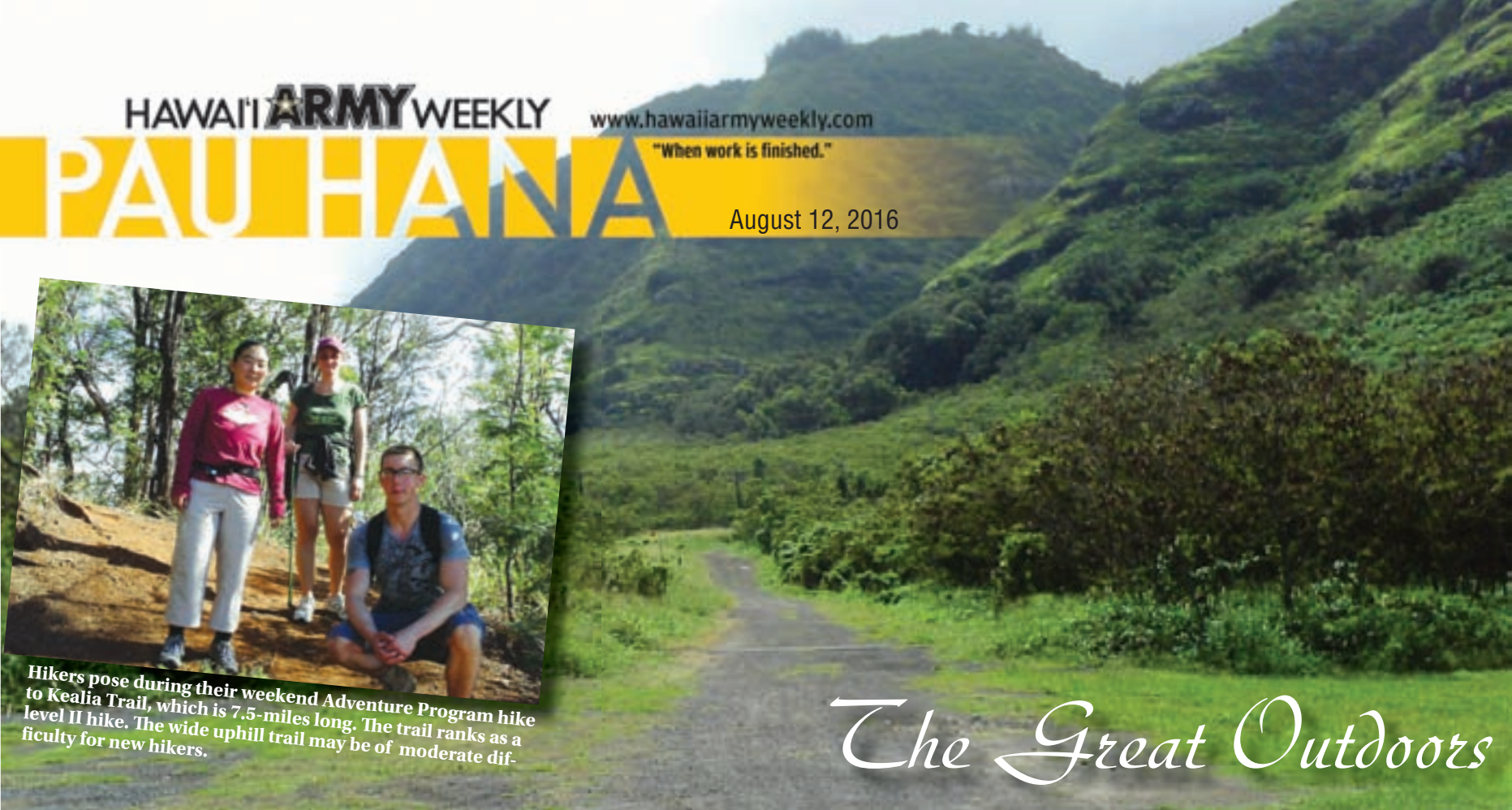
“Together, we are proving that it is possible to solve one of the most complex challenges our country faces,” said Mat-

thew Doherty, the executive director of the U.S. Interagency Council on Homelessness. “This progress should give us confidence that when we find new ways to work together and when we set bold goals and hold ourselves accountable, nothing is unsolvable.”

In 2014, First Lady Michelle Obama launched the Mayors Challenge to End Veteran Homelessness with the goal of accelerating progress toward the national goal of ending veteran homelessness. More than 880 mayors, governors and other local officials have joined the challenge and committed to ending veteran homelessness in their communities, White House officials said. To date, 27 communities and two states have effectively ended veteran homelessness, serving as models for others across the nation.

HUD and VA administer a wide range of programs that prevent and end homelessness among veterans, including programs that provide health care, housing solutions, job training and education.

In fiscal year 2015, these programs helped more than 157,000 people, including 99,000 veterans and 34,000 children, secure or remain in permanent housing, officials said. Since 2010, more than 360,000 veterans have been permanently housed, rapidly rehoused or prevented from becoming homeless through programs administered by HUD and VA.



Kealia Trail is one of several areas where the Outdoor Recreation Center has hosted an Adventure Program hike. The center also hosts activities for kayaking, mountain biking, surfing, standup paddle boarding and more.

Outdoor Recreation helps patrons experience

CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Escape into the natural beauty of Oahu with trained staff from the Outdoor Recreation Center in their Adventure Program activities.

The center offers Soldiers and their guests the opportunity to safely explore the island’s natural environment with trained staff to guide them.

The next upcoming weekend Adventure Program is a hike through Kealia Trail, Saturday.

Skill levels

“The unique thing about Hawaii is that it is almost summer weather all year-round,” said Shelly Leslie, program manager of the ODR, Directorate of Family and Morale, Welfare and Recreation. “There’s so much to do that can be inexpensive, like snorkeling, biking and surfing. We have such a neat environment that we get to go outside to. I think being outside does a good thing for your body and mind.”

Activities are available weekends, open to all service members and their guests. The center also offers Adventure Program activities during physical training time for service members or as customized adventures scheduled through the center. Participants can sign up for a variety of activities, such as kayaking, surfing, standup paddle boarding, hiking and mountain biking.

Each outing is also rated by difficulty, so participants can progress in their skills and try new activities at a low cost. Activities are rated at levels I, II and III. The upcoming hike to Kealia Trail is rated at level II, with hikers starting at Dillingham Airfield.

“For people who have never hiked before, it may be difficult, but not impossible,” said Rich Robinson, a recreation specialist with the center who regularly leads groups in the Adventure Program. “With Kealia Trail, you’re continually going uphill. One of the bonuses to the hike is, you can see



Photo courtesy of Outdoor Recreation Center
A surfer rides a wave during a water outing for the Adventure Program hosted by the Outdoor Recreation Center.

Makua Valley on the southeast side.”

Both Leslie and Robinson said the center sends several staff on an activity for safety, and in case there are medical emergencies the group can continue on. The ODR staff carry radios and are trained in first aid.

“We move at the pace of the slowest person,” Robinson said. “It’s important to pre-hydrate. Drink a lot of water the night before and hydrate during the hike. We also provide a five gallon jug of water afterward.”

As a former service member, Robinson said it could be easy for Soldiers to get bogged down by busy

schedules or short finances in trying the unique pursuits available. He said the center provides great resources for learning about the local hiking, finding the right outdoor equipment, conditions for mountain biking trails, Hawaii regulations and maps to plot out trips.

Visitors to the center can also use the standalone kiosk to find these links and informative videos or log on to the center’s website at www.himwr.com/recreation-and-leisure/outdoor-recreation-center.

Calendars are posted with activities throughout the year, with listings coming out as early as two months in advance. The deadline to sign-up for all weekend adventure program activities is at noon on the day before an activity.

Leslie said the weekend outings give Soldiers and participants a chance to try out these outdoor activities and learn how to take on own their adventures with the right precautions.

“It’s good because you’re doing it safely,” Leslie said. “You go with people who’ve been doing it for years, and it’s a safe way to start, leading to doing it on your own.”

The ODR

The Outdoor Recreation Center is located in Bldg. 2110, 435 Ulrich Way, Schofield Barracks. The center is open Tuesday through Saturday from 8:30 a.m. to 5:30 p.m. It’s closed Sunday, Monday and federal holidays.

For more information, call 655-0143 or visit www.himwr.com/recreation-and-leisure/outdoor-recreation-center.

- UPCOMING**
- Saturday, Aug. 13**
Hike at Kealia Trail, Level II
8:30 a.m.-12:30 p.m.
\$20
- Saturday, Aug. 20**
Kayaking surfing at the shoreline near Haleiwa
8:30 a.m.-12:30 p.m.
\$59
- Saturday, Sept. 3**
Kayaking, Level I
8:30 a.m.-12:30 p.m.
\$59
- Saturday, Sept. 10**
Mountain biking in Pupukea, Level I
8:30 a.m.-12:30 p.m.
\$30
- Saturday, Sept. 17**
Kayaking at Laniakea Beach, Level II
8:30 a.m.-12:30 p.m.
\$59
- Diving Certifications:**
Open water dive certifications Monday through Friday, 6-9 p.m.
- Advanced open water dive certifications**
Friday through Saturday



Photo courtesy of Outdoor Recreation Center
Several upcoming weekend Adventure Program outings will offer kayaking around the North Shore as an activity, the next time happening Aug. 20 near Haleiwa. The Outdoor Recreation Center guides participants in learning how to safely partake in several outdoor activities in Hawaii.

2

3

4

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Photos by Rich Robinson, Outdoor Recreation Center

- Hikers on PT or weekend Adventure Program activities will be accompanied by trained recreation specialists with the Outdoor Recreation Center to offer cultural backgrounds and render first aid.
- Hikers can get a view of Mokuleia Army Beach during the upcoming weekend Adventure Program hike to Kealia Trail hosted by the Outdoor Recreation Center, Saturday.
- Adventure Program participants learn how to standup paddle during one of the supervised outings the Outdoor Recreation Center hosts. The center offers both water sports and land-based activities for Soldiers and their guests to try at low cost.
- Rich Robinson, recreation specialist with the Outdoor Recreation Center, floats in the water observing Adventure Program participants as they learn how to surf.

Photos courtesy of Outdoor Recreation Program



Briefs

13 / Saturday

Ceramic Mold Pouring —

One session is \$25 and includes supplies at SB Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended. For younger patrons, call 655-4202. Open 9 a.m.-noon, Bldg. 572, 919 Humphreys Road.

Ping Pong Tournament —

Visit Tropics every Saturday night in August at 6 p.m. Sign-ups start at 4 p.m. Win a \$15 Exchange gift card. Call 655-5698.

Karaoke & Open Mic Night —

Break the ice and sing along at Tropics, 7:30-10 p.m., every Saturday in August. Call 655-5698.

14 / Sunday

Hale Ikena Sunday Brunch —

Join us for a Sunday brunch buffet, 10 a.m.-1 p.m., at \$24.95 per person; reservations encouraged. Breakfast is hosted at FS Hale Ikena, Bldg. 711, Morton Drive. Call 438-1974.

15 / Monday

AFTB Instructor Trainers Course (ITC) —

The AFTB Instructor Trainer Course, 9 a.m.-1 p.m., Aug. 15-19, prepares volunteers to present specialized training that empowers individuals to maximize their personal growth, leadership development and resiliency, preparing our community to support today's military mission. Call ACS, 655-4227, for more details or to register.

Orientation —

New to the island and looking for employment? This class, 10-11:30 a.m., SB ACS, will orientate you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment.

Information on civilian sector opportunities, contractors, resume writing classes, career fairs and opportunities to further your career and education. Call 655-4227.



Courtesy photo

Members of the winning 552nd MP team pose with their hardware after winning the Army Hawaii Intramural Softball championship game.

MPs dominate softball season

SPORTS FITNESS & AQUATICS BRANCH

Family and Morale, Welfare and Recreation
U.S. Army Garrison-Hawaii

SCHOFIELD BARRACKS — Congratulations to the 2016 Army Hawaii Intramural Softball champions – the 552nd Military Police Company, which achieved a perfect record of 12 wins without a loss!

Coaches 1st Lt. Zachary Marciano and 1st Sgt. Kelly Pippin created an unstoppable lineup of 16 players, many who entered the team with a memorandum from outside of the company.

Perfection

In recent years, the 552nd MP team fell just shy of a championship. This year, particularly because of Pippin's last season with Army Hawaii, the team would not let this one slip through the cracks.

Despite participants in the league knowing that the MPs were the team to beat, the newly

crowned champions outscored their competition a combined 134-15 runs during the seven regular season games.

In the championship tournament, they were faced with worthy competition, but 552nd MPs continued its domination, scoring 84 runs and allowing 49 runs in five games.

Company C, 715th Military Intelligence proved to be the Cinderella team of the season, earning the runner-up title under Staff Sgt. David Lange's direction.

Co. C, 715th MI barely earned a place in the playoffs from the West Division with a 3-4 regular season record. After being knocked out of the winner's bracket by the MPs, Co. C, 715th MI won three games to face 552nd MPs a second time in the championship.

They started the game slowly and got within one run in the fourth inning, but could not

See SOFTBALL B-4

16 / Tuesday

Toon Time Matinee —

"The Incredibles" for caregivers and their children, ages 0-3 (older siblings welcome), 10 a.m.-noon, SB ACS. Join us for a free movie, fun and social interaction. Call 655-4227 for information or to register.

Youth Sports and Fitness

Free Homeschool PE —

Homeschool PE classes will restart the week of Aug. 16. Youth Sports provides homeschool fitness activities, such as basketball, croquette and flag football.

FMWR also provides activities, such as 4-H, health rocks and hiking. These programs are free to our military homeschool community. Children must be registered with CYS Services. Call 655-6465.

Resiliency through Art —

This program focuses on

self-expression through art in a small group setting. Registration is required. Every Tuesday, 9:30-11:30 a.m., Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

17 / Wednesday

ACS Play Mornings —

Meet other moms and dads, share information and parenting tips, and give your infant/toddler a chance to interact with other children, 10-11 a.m., SB ACS, Bldg. 2091. Call 655-4227.

18 / Thursday

Mom & Tots —

Join us for mom (or parent/guardian) mixed media crafting for \$5, from 10-11 a.m. at the Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

19 / Friday

Lei Making —

Make a

beautiful lei, \$15, 1-2 p.m., at Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

So You Think You Can Rap —

Come prove it at Tropics, 8-10:30 p.m. Freestyle your way to win a \$100 gift card. Call 655-5698.

20 / Saturday

Kayak Surfing —

Experience the adrenaline rush of riding a wave while sitting down in a specially formed kayak for surfing, 8:30 a.m.-12:30 p.m. Join outdoor recreation for this unique experience on the south shores of Oahu. White Plains is a great learning location.

ODR provides the transportation (up to 12), equipment and instruction. Simply bring water, snacks and sunscreen. Call 655-0143.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Fisher House Run Signup —

Registration is underway for the Sept. 10, 8K Hero & Remembrance Run, Walk or Roll 2016 that begins at the Pacific Aviation Museum on Ford Island. Event information and registration at www.eventbrite.com. Also visit Tripler Fisher House on Facebook.

Remodel It Right Expo —

Blaisdell Exhibition Hall is the site for the 12th annual event, beginning today, sponsored by the Building Industry of Hawaii Association, and running through Sunday afternoon at 3:30 p.m. One-day admission is \$7. Call 629-7503.

13 / Saturday

Family Fishing —

Ho'omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2 p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread).

A limited number of bamboo poles are available to borrow on

a first-come, first-served basis. There is a 20-minute hike to the fishing area. For information/reservations, call 233-7323.

Chile Pepper Festival —

Pearlridge Farmers Market is firing up a Chile Pepper Festival. The event, which will take place from 8 a.m.-noon during regular farmers market hours, aims to educate the public on one of our island residents' favorite fiery foods – the chile pepper. The festival is free and open to the public with complimentary parking available at Pearlridge Center.

Kuhio Beach Hula Show —

This free show, sponsored by the City and County of Honolulu, showcases culturally significant hula, 6-7 p.m., Tuesdays, Thursdays and Saturdays at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue, weather permitting. Cameras are welcome and seating is available on the grass, beach chairs and mats. Call 843-8002.

14 / Sunday

Adolescent Summer School/Sports Physicals —

Sunday appointments available for adolescents, ages 12-plus, Aug. 14 and Aug. 21 or ages 4-11, Aug. 21 at TAMC Pediatrics. Schedule at Central Appointments at 433-6697.



16 / Tuesday

Blood Drive —

Armed Services Blood Program, TAMC, will be conducting a blood drive, SB Exchange, 11 a.m.-3 p.m. Please have a picture ID, be at least 17 years of age and have not donated blood previously within the last eight weeks.

17 / Wednesday

Health Care Options Webinar —

Tricare and Military OneSource are co-hosting a webinar, 6 a.m. Hawaiian Standard Time, to discuss health care options available to TRICARE beneficiaries once they are no longer eligible for any TRICARE health plan coverage. Go to <https://attendee.gotowebinar.com/register/2644929472493528067> to register.

18 / Thursday

Solomon Elementary Open House —

Parents are encouraged to join the SB school's annual open house, 4-5:30 p.m., at the Solomon Elementary School Cafeteria.

19 / Friday

Made in Hawaii Festival —

Local artists, chefs and entrepreneurs share their talents and wares for three days, beginning Friday at 10 a.m. through Sunday at 5 p.m., at the Blaisdell Exhibition Hall and Arena. Admission is \$6. Visit

MadeInHawaiiFestival.com.

27 / Saturday

Beer Festival —

One of Hawaii's largest beer events returns, 6-10 p.m., to Hilton Hawaiian Village Waikiki Beach Resort. The Great Waikiki Beer Festival, featuring headliner Kenny Loggins and the best of local and mainland breweries, will be held on the resort's Great Lawn. General admission tickets are \$69.50 and include 10 four-ounce beer or wine tastings, food available for purchase and specially-priced validated parking (\$59 for military with valid I.D.). Additional beer or wine samples are \$2 each, and food is available for purchase.

30 / Tuesday

Hui Super Sign Up —

Annual free spouse event welcomes back members and invites new membership, 6-8 p.m., Leilehua Golf Course. For more information or to register for a table, please go to the Hui 'O Na Wahine website at www.schofieldspousesclub.com.

September

4 / Sunday

Sea Life Park Keiki Sunday —

Quarterly event provides two free children admissions (under 12) for each paying adult.

worship Services

Additional religious services, children's programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on "Religious Support Office" under the "Directorates and Support Staff" menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers' Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers' Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 10 a.m. at WAAF



The Legend of Tarzan (PG-13)

Fri., Aug. 12, 7 p.m.
Sun., Aug. 14, 5 p.m.



The BFG (PG)

Sat., Aug. 13, 4 p.m.



The Purge: Election (R)

Sat., Aug. 13, 7 p.m.

(Closed Monday through Thursday.)

Calendar abbreviations			
8th TSC: 8th Theater Sustainment Command	ASYMCA: Armed Services YMCA	and Recreation	Inspiration, Exploration and Skills
25th ID: 25th Infantry Division	BCT: Brigade Combat Team	FRG: Family Readiness Group	TAMC: Tripler Army Medical Center
ACS: Army Community Service	BSB: Brigade Support Battalion	FS: Fort Shafter	USAG-HI: U.S. Army Garrison-Hawaii
AFAP: Army Family Action Plan	Co.: Company	HMR: Helemano Military Reservation	USARPAC: U.S. Army-Pacific
AFTB: Army Family Team Building	CYSS: Child, Youth and School Services	IPC: Island Palm Communities	WAAF: Wheeler Army Airfield
AMR: Aliamanu Military Reservation	EFMP: Exceptional Family Member Program	PFC: Physical Fitness Center	
	FMWR: Family and Morale, Welfare	SB: Schofield Barracks	
		SKIES: Schools of Knowledge,	

Surviving spouse shares grieving experience

CHAPLAIN (COL.) KENNETH REVELL
94th Army Air and Missile Defense Command

JOINT BASE PEARL HARBOR-HICK-AM — “That which does not kill me will make me stronger.”

This was the attitude I took when facing the shock and awe of my beloved wife’s death. For the first couple of months, I was numbed, perhaps living in a zombie-like existence. All was surreal.

Oh, I was in touch with reality. I found a way, with the help of the Holy Spirit, to function while in the midst of pain. I was a shell of a man.

If you observed me from the outside, all looked normal. But if you looked inside, you would see that the lights were on, but no one was home. I was vacant, empty. Anna, the woman I loved with all of my heart and who was so much a part of me, had left the building.

The death (or as I prefer to call it, the home-going) of my beloved wife of 28 years, in August 2014, left a gaping hole in my heart. I was among the walking-wounded. And I knew that no matter how long I lived on the earth, I would always walk with a limp. The scar tissue of this loss was here to stay.

The feelings were and remain disorienting, overwhelming and all consuming; I can barely express them. Piercing loss, mental anguish and suffocating sadness from Anna’s conspicuous absence are immeasurable. The spiritual groaning and moaning of my soul and the constant adjustment to all the “new normals” created a daunting task.

I had preached funerals, memorialized Soldiers and assisted with death notifications of fallen Soldiers. But all of this would fade in comparison to personally dealing with the death of my own sweetheart. Nothing in life prepares you for such a sobering, gut-wrenching event.

Continuing on

Although excruciatingly painful and immensely personal, Anna’s death did not mean that life would slow down or that I would have the luxury of taking a leave of absence. This is not because my unit was not willing to grant me leave, nor was there a lack of compassion on their part.

The pressing issue that commanded my full, immediate and unwavering attention was that I now had the awesome responsibility of single-handedly parenting my 13-year-old grandson.

The purpose of this article is to provide you, the reader, with some of the lessons I learned (and re-learned) as I tunneled my way through this period of darkness and challenge.

I am an optimist by nature. But being an optimist and a chaplain does not give me diplomatic immunity from the aches, quakes and shakes of life.

My walk through the valley and the shadow of grief and loss was not a cadence (structured) walk. I did not always color inside the line. There were times I did not know where the lines were.

To use military lingo, I did a lot of round stepping, wobbling, stumbling and even, sometimes, low crawling. With grit, grace, prayer and the support of many shoulders to lean on, I learned to put one foot in front of the other.

I pray the lessons I have learned and now share below will shepherd you through some of the tough terrains of life. May God turn your scars into stars.

1. Attitude is everything. The at-



Photo by Sgt. Kimberly Menzies, 94th Army Air and Missile Defense Command
Chaplain (Col.) Kenneth F. Revell, command chaplain, 94th AAMDC, stands with his grandson Brandon Revell at his retirement ceremony aboard the battleship, USS Missouri, on July 22. Revell shares lessons learned from a life-changing event, the death or home-going of Anna Naomi Revell, his wife of 28 years, in August 2014.

titude I adopted as I dealt with the grief and loss, coupled with fulfilling the demands of being a single parent and a full time Soldier, is “that which does not kill me will make me stronger.” Strength comes through positive struggle. I have a choice, and I am choosing to be bigger than what has happened to me.

2. Focus on things you can control.

I knew that if I tried to control everything (which is, in and of itself, fundamentally impossible), I was putting myself at risk of being frustrated and burnt out. Hence, I choose to pick my fights and battles.

A wise person so aptly said, “There are two things in life you should never worry about: things that you can do something about and things you can’t. If there be a solution, seek until you find it. If there be none, never mind it.”

I was also mindful of the Serenity Prayer as I sought discernment in identifying things I could control and things I could not.

3. Living out of the will. I had to learn to live out of my will, not my emotions. Feelings and emotions have too many “bad hair days” and are not reliable guides for living effectively through the storms of life.

It has well been said that it is easier to act our way into right feelings than to feel our way into right actions. While cognitive thoughts and feelings often take us down different roads, it is critical that feelings and emotions do not drive the train.

4. Embracing the new normal. One of my new normals was the caretaking of our then 13-year-old grandson, Brandon. While assuming sole caretaking responsibility was a daunting task, I am quick to say this mission saved my life.

This mission saved me from the sabotaging behaviors of self-pity, self-absorption and the navel-gazing syndrome. Navel-gazing literally means engaging in self-absorbed behavior, often to the

point of being narcissistic.

Needless to say, I feel a deeper love for Brandon, reaffirming that I was doing something right. The capacity to focus on someone else meant I was not focusing on my own loss and pain. Rather, focusing outward helped me to see that, while pain in life is inevitable, misery is always optional.

5. Journaling is a must.

For me, journaling was a curative outlet for all the emotions that wanted to overwhelm me. I learned to journal like crazy.

I journaled about me, about Anna, about Brandon, about pain, about joy, about fear, about God. Putting feelings on paper was cathartic.

Journaling helped me in the long run to objectify the pain, to

put it in a new light and to see it from a different perspective. I strongly believe that if you can objectify the pain, it loses much of its power over your life.

6. Choose your healers and counselors carefully. I found learning whom I could talk to about my pain and whom I could not was both an art and a science. Everybody has his or her limits. When it comes to counselors, there is no one size that fits all. You have to find a counselor with whom you connect and then share your feelings. If you discover that you no longer can share with your counselor, then it is time to find a new one.

7. Keeping your spiritual life hot. I had to work hard to keep my spiritual walk hot. While confession may be bad for your reputation, it is good for the soul. Since I believe that God knew everything about me and loved me anyway, I really had nothing to lose and everything to gain.

While I still hurt in fundamental ways, I am proof positive that living one’s beliefs are able to turn scars into stars.

8. Turn up the music. Nothing can touch the soul like music. When my thoughts start going negative and I

am stewing over my sorrow, the right music has a way of turning my thoughts around. Find music, whatever the type that helps you, and embrace that it can lift your spirits.

9. Do physical fitness, go to work, do your job. I found it important and therapeutic to work hard, even when I felt I was moving through life like a zombie. I would wake up at 4:30 a.m. and run 4-6 miles almost every day – and I hate running.

I discovered that if you do not work hard to take care of yourself, the centripetal (inward) and centrifugal (outward) forces can take over your life. I am not advocating that you become a workaholic. However, it is imperative to have routines, objectives, vision, parameters, expectations, responsibility and accountability.

10. Pace yourself. The grieving process is generally characterized by five stages: denial, anger, bargaining, depression and acceptance. The process is not a sprint. It is usually a marathon. When you lose a spouse, this is especially true.

The grieving process is rarely characterized by leaping over stages or moving smoothly from one step to the next. It sometimes entails going three steps forward and then two steps back. Before reaching the acceptance stage, many people get stuck for inordinate amounts of time (months, years) on a step that seems insurmountable.

As I ponder my life after losing Anna, I am reminded of a poem by Robert Browning Hamilton:

I walked a mile with Pleasure,
She chatted all the way;
But left me none the wiser,
For all she had to say.
I walked a mile with Sorrow,
And ne’er a word said she;
But oh! The things I learned from her,
When sorrow walked with me.

Finally, because I do not believe we suffer in vain, I have asked the Lord to take Anna’s home-going and to use the pain to make me a more caring, empathetic, compassionate, authentic, sage and grateful person.

(Editor’s note: Revell is the command chaplain at the 94th AAMDC.)

A family’s military life ends with a flourish

At 7:55 a.m., Monday morning, the base loudspeakers blared the five-minute warning, alerting us to the upcoming daily broadcast of our national anthem. I cracked an eyelid, squinting at the bright sun blasting persistently through our closed blinds. With a mop of tangled hair stuck to one side of my forehead, I heaved my torso reluctantly upward and let a foot fall on to the floor. “Why am I so tired?” I thought. And then, it dawned on me, “Oh, yeah. Francis retired from the Navy over the weekend.”

Residue
I made my way to the kitchen for fresh-brewed sustenance, noting the evidence of the weekend events along the way: my husband’s formal white uniform hanging from a knob on his dresser, relatives sleeping in kids’ beds, kids sleeping on the floor, flowers, cards and gifts. Opening the fridge in search of cream, I found it still packed with leftover food from all the parties over the last couple of days. I slumped at our kitchen table, inhaled the steam from my cup and tried to remember it all. Relatives and friends arrived on Thursday, enough to occupy a 40-room block at the base hotel. On Friday, we buzzed like bees. Did Hayden shave? Is Lilly’s skirt too short? Did Grams take her insulin? Does Father Joe need a ride to the reception? Does Uncle Frank know where to park? Will the rain stop before the tent party? Where in the heck are my Spanx? Miraculously, everyone arrived to



Spruance Hall on time. After speeches, awards and a tear-jerking flag ceremony, Francis took the podium. He drew laughs when he said that his square-jawed boss, Navy Adm. P. Gardner Howe, had to contemplate some of the most significant leadership and ethics issues facing the Navy, but was never able to solve the unanswerable riddle, “With such a chiseled physique, why didn’t Francis ever become a SEAL like me?” At the end of his remarks, I thought I heard Francis’ voice crack as he said, “... and so, in just a few moments, as I figuratively load Lisa and the kids into the jolly boat and make way to the near shore, we will look back at this magnificent vessel that is the United States Navy, the finest in our world’s history, and forever hold our heads high with pride – honored and humbled by the fact that we were allowed to be part of its crew for nearly three decades.” My damp eyes turned into a full-on ugly cry face, as the poetic words of “The Watch” were recited: “For 28 years, this Sailor has stood the watch ... Today, we are here to say ... ‘Shipmate, you stand relieved.’ We have the watch.” Before I could find a tissue in my purse, Father Joe gave the Benediction; the Orders were read. To the tune of the bosun’s whistle, Francis, the kids and I were whisked over the red carpet, flanked



Photo by Marianne Mangan
Lisa Smith Molinari and her family bid farewell to the Navy and prepare for the next chapter of their lives.

by saluting sideboys – a ritual symbolizing being “piped ashore” for the last time. Minutes later, we were caught in a whirlwind of guests, chatter, drinks and food that started at our reception. Then we continued on to a tent party for over 150 out-of-town guests, where we danced like fools until the wee hours. Running on less than four hours of sleep, we threw an afternoon tailgate party at a local polo match on Saturday, and everyone came back to our house for pizza until after midnight. Somehow, by the grace of God and a sugar-free Red Bull, I made it to the 9 a.m. mass Father Joe organized for everyone in our yard on Sunday morning, where we gathered one last time. At

the end of his homily, Father Joe asked our backyard congregation of lingering family and friends the question posed by poet Mary Oliver, “What is it you plan to do with your wild and precious life?” As I sipped my coffee on Monday morning, I realized that we have no idea what is in store for us next. After 28 years in the Navy, it’s hard to contemplate civilian life. Like all things, it will take time. And meanwhile, we will find comfort in the “mal de débarquement” – the feeling that we are still on board the ship, swaying, rocking and sailing toward the endless horizon. *(For more from Molinari, see her blog at www.themeatandpotatoesoflife.com.)*

Softball: 552nd claims trophy

CONTINUED FROM B-2

extend their phenomenal streak to force a second championship game.

Continuing tradition
Since World War II, Army Soldiers have been able to enjoy the game of softball as part of their physical conditioning and, of course, in their leisure time.

In the 1940s, softball was one of the games that unified Allied forces in Europe. Due to the success of the program, the Pacific region created intramurals in Korea, Japan, Philippines, the Marianas and Hawaii with a goal to include every Soldier in at least one sport and to host installation championships.

History
For more about the history of the Army intramural sports program, visit http://new.armymwr.com/UserFiles/file/All_Army_Sports/history_army_sports_program.pdf.



2016 Intramural Champions
552nd Military Police Company
Spc. Alex Alcantara, 552nd MP Co.
Sgt. Jose Alicea, 39th MP Det.
Spc. Casey Bell, HHC 1-14 Inf.
Spc. Jonathon Belote, 39th MP Det.
Staff Sgt. Michael Burgos, 58th MP Co.
Spc. Michael Canalin, S552nd MP
Spc. Ryan Dickinson, 58th MP Co.
Spc. Andrew Garcia, 58th MP Co.
Sgt. Shawn Gray, A Co., 225 Bde.

Support Bn.
Spc. Kurtis Kaufman, 58th MP Co.
1st Lt. Zachary Marciano, (coach)
HH Det., 728th MP Bn.
Staff Sgt. David Matthews, 552nd MP Co.
Spc. Alex Montalvo, 552nd MP Co.
Sgt. Luis Murillo Jr., B 225 BSB
1st Sgt. Kelly Pippin, (coach), 552nd MP Co.
Sgt. Dorian Penn, 552nd MP Co.
Sgt. Alexander Polson, HHC, 1-14th, 2BCT

Health care becomes personal for TAMC CSM

COMMAND SGT. MAJ. TIMOTHY S. SLOAN
Medical Command, Tripler Army Medical Center

HONOLULU — Things can get pretty busy in a hos-pital.

Consider that in a typical day at Tripler Army Medical Center there are just under 2,000 clinic appointments, 1,800 prescriptions being handed out, 565 radiology procedures happening and some nine births a day. This staff is continually working seven days a week provid-ing high-quality health care to Soldiers, families and veterans.

As the senior enlisted leader of TAMC, I make staff visits to our clinics daily, and I take distinguished visitors through this historic hospital explaining what we do and how we do it. I take part in our commander’s monthly recognition ceremony and shake the hands and pass out awards for our staff’s com-petency and achievements.

You would think that there is no one who knows more about TAMC and its services than me; however, recently, I was given the rare opportunity to experience our staff through another set of eyes: that of a patient.

Sustaining an injury

Recently, I was in a pretty bad hiking accident. I try to get out with our Soldiers and experience the beauty of Hawaii as often as possible, so I was leading a group of seven members of our Tripler ohana through some chal-lenging terrain as we attempted to negotiate our way to a spectacular waterfall.

While hiking, a weather front moved in, and it began to rain pretty hard. Seeing a need to discontinue our hike and get to safety, our group began to make its way out of thick jungle foliage.

Suddenly, part of the ground gave way where I was walking, and a mudslide carried me 30 feet down the side of a hill and deposited me into a rock-filled stream. I laid there in the cold water with possible facial fractures, torn ankle ligaments, dislocated fingers and a concus-sion while our Soldiers made their way down the very dangerous hill to provide assistance.

Evacuation by air was not an option with the thick jungle canopy cover. As the Soldiers arrived and as-sessed the situation, they picked me up and bravely “carried” me over extremely rough terrain for almost two miles until 911 emergency services could be activated.

When the ambulance crew arrived, it quickly took action, assessed my injuries from head to toe, provided appropriate trauma intervention and quickly evacuated me by ambulance to TAMC.

ER experience

Once inside the Emergency Room, what I experi-enced was amazing. A team of professionals calmly communicated with each other to ensure that they pro-vided the most comprehensive trauma care possible.

Everyone was extremely professional and competent in the execution of their duties, from the ER staff to the orthopedic team, as well as the support of radiology and pharmacy. I was experiencing TAMC health care as a real patient, and it was excellence on display.

This view as a patient opened my eyes to the fact that, while measuring what we do to identify excellence and areas that need improvement are important, we can never make them so important that we forget the excellence that is happening in the trenches every day and the people behind that quality. The point of care, whether it be a medic, doctor, technician or nurse, is the most important part in the continuum of health care.

No matter what business you are in, the most impor-tant part of that business is your people. Take some time and get out from behind those conference calls, meet-ings, PowerPoint slides and computers, and go see your people. See what they do for you and your organizations.

I guarantee the time you spend with your people will give context to the values on those PowerPoint slides that seemingly drive too many decisions.

To my hiking team and my Tripler ohana, I couldn’t be more proud to be part of this organization and the work you do. Thank you for helping me and your out-standing service to all that you have helped. I truly love you all!



Sloan

Medical identity theft is real

TRICARE
News Release

Did you know that health care is the number one target, nearly as much as retail, finance and banking combined, for identity theft and fraud?

Your health information is important to you and your health care provider, but in the wrong hands, it can be valuable to someone else.

Would you know if someone stole your medical identity?

Identity theft

Identity theft affects millions of people each year. The Federal Trade Commission offers several steps you can take to make sure your health care informa-tion remains secure.

- First, read your medical and insurance statements regularly and completely. They can show warning signs of identity theft.

Look for services you did not receive or providers you did not see. This is like seeing charges on your

credit card statement that were not yours.

- Next, read the Explanation of Benefits (EOB) statement or Medicare Summary Notice that your health plan sends after each treatment. Again, check the name of the provider, the date of service and the service provided.

Do the claims paid match the care you received? If you see a mistake, contact your health plan and report the problem.

- You should also watch for bills, if you know part of your care was not covered. If a bill doesn’t show up when you expect it, look into it.


Being cyber fit requires all to be mindful of their health information even when they’re not using health IT. You are the center of your health care. Empower yourself to protect your information.

More Online

For more information about cyber fitness, visit the TRICARE website at www.mytricare.com.

TAMC

Breastfeeding



Both babies and mothers gain many ben-efits from breastfeeding.

Breast milk is easy to digest and contains an-tibodies that can protect infants from bacterial and viral infections. A baby’s risk of becoming an overweight child goes down with each month of breastfeeding.

Also, women who breastfeed may have lower rates of ovarian cancer and certain types of breast cancer. Take a minute to make the choice that’s best for you and your baby.

- ↓ f you’re pregnant, talk to your doctor or nurse health provider about the benefits of breastfeeding.
- ↓ f you’re a new mother, make the choice to breastfeed.

Contact your doctor, nurse or lactation specialist if you have problems or want resources in your area that support breastfeeding.

For more information about breastfeeding, call 433-3732.